



Lifeguard Training



Lehi Legacy Center
123 N Center St.
801-768-7124
www.lehi-ut.gov

LEHI LEGACY CENTER LIFEGUARD TRAINING

April 2011

Become American Red Cross Lifeguard Certified!

Do you want to become a lifeguard? Come sign up to take the course. Course pre-requisites include: individuals must be 15 years old by last date of class; swim 300 yards continuously using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and a stabilizing propellant kick; 100 yards breaststroke; 100 yards of front crawl using rhythmic breathing and/or breaststroke.



The last 100 yards may be mixture of front crawl or breaststroke, dive a depth of 7-10 feet, retrieve a 10 pound object and return it to the surface, and swim 20 yards back to the starting point, must be done with in 1 min and 40 seconds. Certification of First Aid, AED and CPR included in course.

CLASS

April 19, 20, 21, 23, 26, 27, 28, 30



× QUICK FACTS

- What.....Lifeguard Training
- Where.....Lehi Legacy Center Pool
- Who.....Anyone 15yrs or Older
- When.....April 19 (5:00pm-9:00pm)
April 20, 21, 26, 27, 28 (6:00pm-9:00pm)
April 23, 30 (9:00am-3:00pm)
- Fees..... \$150 (Books Included)

REGISTRATION

Class space is limited, sign up now!
Registration Office open Mon-Fri 8am-6pm or on-line @ www.lehi-ut.gov

INFORMATION

For more information contact Legacy front desk @ 801-768-7124